



National Nutrient Database for Standard Reference

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Statistics Report 09202, Oranges, raw, navels

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3	g	85.97	10	0.848	84.58	87.93	2.0	82.326	89.623	3	Analytical or derived from analytical	--	01/2003
Energy	kcal	49	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	207	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein 1 2	g	0.91	8	0.031	0.67	1.07	5.0	0.826	0.991	2	Analytical or derived from analytical	--	01/2003
Total lipid (fat) 1 2	g	0.15	8	0.032	0.05	0.31	4.0	0.061	0.236	2	Analytical or derived from analytical	--	01/2003
Ash 1 2	g	0.43	8	0.020	0.37	0.53	5.0	0.375	0.481	2	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	12.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary 2 3	g	2.2	5	0.182	1.9	2.4	1.0	-0.14	4.477	2	Analytical or derived from analytical	--	01/2003
Sugars, total 1 2 3	g	8.50	9	0.388	6.15	10.05	2.0	6.832	10.17	3	Analytical or derived from analytical	--	01/2003

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Sucrose 1 2 3	g	4.28	9	0.307	3.28	5.22	2.0	2.96	5.601	3	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) 1 2 3	g	1.97	9	0.101	1.01	2.56	2.0	1.539	2.407	3	Analytical or derived from analytical	--	01/2003
Fructose 1 2 3	g	2.25	9	0.109	1.86	2.7	2.0	1.78	2.716	3	Analytical or derived from analytical	--	01/2003
Lactose 1 2 3	g	0.00	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	01/2003
Maltose 1 2 3	g	0.00	9	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	01/2003
Galactose 1 2	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Starch 2	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca 1 2	mg	43	8	2.240	37	57	3.0	36.148	49.477	2	Analytical or derived from analytical	--	01/2003
Iron, Fe 2	mg	0.13	4	0.012	0.11	0.16	3.0	0.096	0.17	1	Analytical or derived from analytical	--	01/2003
Magnesium, Mg 1 2	mg	11	8	0.099	10	12	4.0	10.413	10.987	2	Analytical or derived from analytical	--	01/2003

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Phosphorus, P 1 2	mg	23	8	0.522	22	25	6.0	21.981	24.569	2	Analytical or derived from analytical	--	01/2003
Potassium, K 1 2	mg	166	8	3.107	147	188	5.0	157.633	173.867	2	Analytical or derived from analytical	--	01/2003
Sodium, Na 2	mg	1	4	0.788	0	4	3.0	-1.304	3.714	1	Analytical or derived from analytical	--	01/2003
Zinc, Zn 1 2	mg	0.08	7	0.004	0.06	0.09	5.0	0.066	0.086	2	Analytical or derived from analytical	--	01/2003
Copper, Cu 2	mg	0.039	4	0.003	0.03	0.04	3.0	0.029	0.049	1	Analytical or derived from analytical	--	01/2003
Manganese, Mn 1 2	mg	0.029	8	0.001	0.02	0.04	6.0	0.026	0.032	2	Analytical or derived from analytical	--	01/2003
Selenium, Se 2	µg	0.0	4	0.008	0	0.1	3.0	0.017	0.067	1	Analytical or derived from analytical	--	01/2003
Vitamins													
Vitamin C, total ascorbic acid 1 2	mg	59.1	8	2.038	51.8	65.6	5.0	53.819	64.406	2	Analytical or derived from analytical	--	01/2003
Thiamin 1 2	mg	0.068	8	0.003	0.03	0.12	4.0	0.059	0.078	2	Analytical or derived from analytical	--	01/2003
Riboflavin 1 2	mg	0.051	8	0.004	0.03	0.06	4.0	0.04	0.061	2	Analytical or derived from analytical	--	01/2003

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Niacin 1 2	mg	0.425	8	0.013	0.35	0.47	4.0	0.39	0.461	2	Analytical or derived from analytical	--	01/2003
Pantothenic acid 1 2	mg	0.261	8	0.020	0.19	0.38	3.0	0.2	0.322	2	Analytical or derived from analytical	--	01/2003
Vitamin B-6 1 2	mg	0.079	8	0.006	0.05	0.13	3.0	0.061	0.096	2	Analytical or derived from analytical	--	01/2003
Folate, total	µg	34	70	1.102	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	34	70	1.102	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total 1 2	mg	8.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1 2	mg	0.1	2	--	0.1	0.1	--	--	--	2	Analytical or derived from analytical	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE 1 4	µg	12	7	1.775	8	26	1.0	-10.203	34.903	2	Analytical or derived from analytical	--	05/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 4	µg	87	7	27.788	43	237	1.0	-266.486	439.661	2	Analytical or derived from analytical	--	05/2003
Carotene, alpha 1 4	µg	7	7	7.100	0	14	1.0	-83.114	97.314	2	Analytical or derived from analytical	--	05/2003
Cryptoxanthin, beta 1 4	µg	116	7	5.875	83	148	1.0	41.476	190.774	2	Analytical or derived from analytical	--	05/2003
Vitamin A, IU 1 4	IU	247	7	35.500	155	518	1.0	-204.07	698.07	2	Analytical or derived from analytical	--	05/2003
Lycopene 1 4	µg	0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin 1 4	µg	129	7	57.550	54	187	1.0	-601.792	860.692	2	Analytical or derived from analytical	--	05/2003
Vitamin E (alpha-tocopherol) 1 2	mg	0.15	3	0.007	0.14	0.16	1.0	0.065	0.235	2	Analytical or derived from analytical	--	01/2003
Tocopherol, beta 1 2	mg	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma 1 2	mg	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, delta 1 2	mg	0.00	3	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1 2	µg	0.0	8	0.007	0	0.1	3.0	0.013	0.061	2	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total monounsaturated	g	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total polyunsaturated	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine 1 2	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 1 2	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 1 2	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 1 2	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 1 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 1 2	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 2	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine 1 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine 1 2	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 1 2	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine 1 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 1 2	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 1 2	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 1 2	g	0.247	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 1 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 1 2	g	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 1 2	g	0.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 6	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin 6	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 6 7	mg	21.9	--	6.52	7.76	30.69	--	--	--	--	--	--	--
Naringenin 6 7	mg	7.1	--	2.22	2.25	11.4	--	--	--	--	--	--	--
Flavones													
Apigenin 6 7	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin 6 7	mg	0.7	--	0.18	0	1.4	--	--	--	--	--	--	--
Flavonols													
Kaempferol 7	mg	0.0	--	0	0.01	0.01	--	--	--	--	--	--	--
Myricetin 6 7	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--
Quercetin 6 7	mg	0.2	--	0.05	0	0.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 8	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5f, 2001 Beltsville MD

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